

Congressional Award Recipients for the 49th Congressional District of California



Public Law 96-114, The Congressional Award Act

Congressional Award

David Bao, Silver Medalist, from Ladera Ranch, California, attends Santa Margarita Catholic High School, Advisor: Hao Jiang

To earn his Congressional Award Silver Medal, David volunteered to serve the underprivileged in his community as a tutor, poll worker, and volunteer for Lion's Heart. For his Personal Development, David learned Mandarin Chinese. To complete his Physical Fitness goals, David swam with his club and high school team. David learned new techniques and improved his overall physicality in order to better compete in the pool. For his Expedition, David travelled to Saguaro National Park in Arizona to better learn about the desert environment and wildlife.

Luke Lindgren, Bronze Medalist, from Rancho Santa Fe, California, attends Canyon Crest Academy, Advisor: Laurine Maldonado

In earning his Congressional Award Bronze Medal, Luke volunteered nearly 100 hours with the Elfin Forest Recreational Reserve and Teen Volunteers in Action. Luke worked as a docent, introducing students to bugs, owls, and other wildlife. For his Personal Development, Luke competed in the Greater San Diego Science and Engineering Fair. Luke's project placed second in the environmental sciences category. For Physical Fitness, Luke earned his 3rd degree black belt in Karate. For his Expedition, Luke organized a trip to Boston to study historical sites and learn about the Revolutionary War.

Samuel "Bubba" Sugarman, Gold Medalist, from Encinitas, California, attends Oak Meadow High School, Advisor: Daniel Powell

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(Samuel Sugarman continued) In earning his Congressional Award Gold Medal, Sam led introduced scouts and local school children to daily life on a farm and animals. Sam also taught blacksmithing classes at Escondido History Center. For his Personal Development, Sam spent many hours practicing his cello and learning more about classical music and composition. Sam improved his Physical Fitness through weekly surfing trips and by taking boxing lessons at a local gym. For his Expedition, Sam traveled to Grenada to teach swimming lessons and help to rebuild a community center. Earning his Congressional Award Gold Medal was a huge accomplishment for Sam, it taught him patience, goal setting, and time management.

Sarah Chen, Bronze & Silver Medalist, from Ladera Ranch, California, attends Orange County School of the Arts, Advisor: Lisa Graves

In earning her Congressional Award Bronze & Silver Medal, Sarah volunteered nearly 100 hours of her time at the VA Medical Center in Long Beach, CA. For her Personal Development, Sarah pursued singing and acting. Sarah practiced 30 minutes a day to improve her singing and reached the semifinals in a national classical singing competition. Sarah's Physical Fitness goal was to learn to safely rock climb and repel. Sarah practiced on indoor and outdoor rock formations to refine her technique. For her Expedition, Sarah travelled to Tucson, AZ to study mining, insects, and the culture of the southwestern United States.

Chris Jiang, Bronze & Silver Medalist, Ladera Ranch, California, Orange County School of the Arts, Advisor: Philip Gershon

In earning his Congressional Award Bronze & Silver Medal, Chris served his community through volunteer work with his fellow Boy Scouts. Chris helped build trails in Trabuco Canyon

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(Chris Jiang, continued) and served veterans as a volunteer at the VA Medical Center in Long Beach, CA. For his Personal Development, Chris learned about environmental science and future careers as an intern at the Ocean Institute. To complete his Physical Fitness goals Chris practiced Tennis. Chris has improved his serve, forehand and backhand in an effort to better compete with his high school team. For his Expedition, Chris and his fellow scouts organized a backpacking trip to Inyo County California. Chris used this trip as an opportunity to study mammals and indigenous plants in California.

Sissy Sugarman, Bronze Medalist, from Encinitas, California, attends The Liberty School at Sugar Sweet Farm, Advisor: Marya Jefferson

Sissy completed her Voluntary Public Service by volunteering over 100 hours hosting local Girl Scout troops, community groups, classes, and students at her farm to teach the community about where food comes from and how to properly treat animals. Sissy's Personal Development goal was to improve her public speaking skills. She accomplished this by participating in local, regional, and state-wide speech competitions. Sissy also improved in her art and design skills by taking pottery and sewing classes. For Physical Fitness, Sissy frequently rode her horse and took lessons in order to improve her riding and horsemanship. For her Expedition/Exploration, Sissy planned and organized a campout with her horse and attended and competed in an international horse trial.

Kaily Johnson, Bronze Medalist, from *San Juan Capistrano, California*, attends *San Juan Hills High School*, Advisor: *Deborah Huebsch*

Kaily completed her Voluntary Public Service by volunteering for over 100 hours teaching and helping mentally and physically disabled youth ride horses. Kaily's Personal Development goal was to become more spiritual in Christian Science. She accomplished this by reading Christian

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(Kaily Johnson, continued) Science lessons and articles and attended spiritual lectures. For Physical Fitness, Kaily went on ten mile horse rides twice a week and on hikes and runs throughout the week in order to become a stronger horse rider and prepare for endurance riding. For her Expedition/Exploration, Kaily planned and prepared for a one night camping trip with her family. She took charge in making reservations, planning meals, and gathering the necessary supplies.